

# Managing the Child with Asthma

## A 4-Component Approach



The aim of asthma therapy in children is to maintain control of asthma with the least amount of medication and, hence, minimal risk for adverse effects.

# Managing the Child with Asthma

**Successful asthma management has 4 components:**

- 1 Regular assessment and monitoring**
- 2 Control of factors that contribute to symptoms and disease severity**
- 3 Pharmacologic therapy**
- 4 Educating the child, the family, and other caregivers (daycare providers, teachers, school nurses, camp counselors, coaches) to adhere to a written asthma management plan that includes daily management and how to handle asthma episodes**

## Goals of Therapy for the Child with Asthma

- Prevent chronic and troublesome symptoms.
- Prevent exacerbations of symptoms.
- Maintain normal activity levels.
- Maintain normal pulmonary function.
- Optimize pharmacotherapy, minimize side effects.
- Satisfy the child's and the family's expectations/goals for asthma care.

## What is asthma control in children?

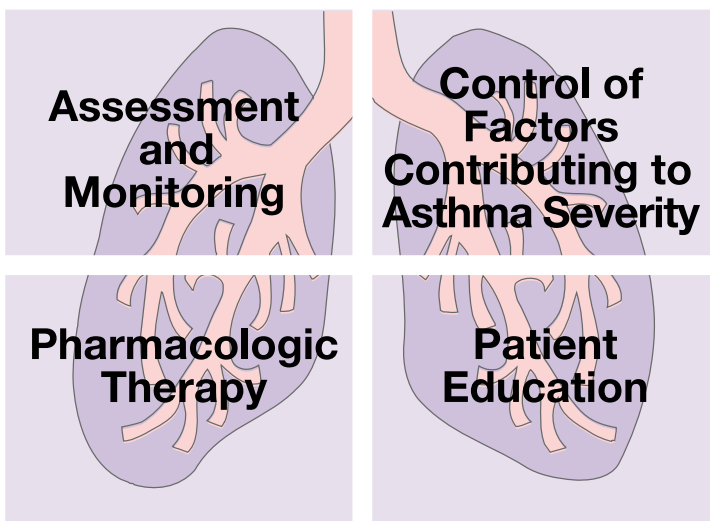
- **No coughing**
- **No difficulty breathing**, wheezing, or chest-tightness
- **No waking up at night** because of asthma symptoms
- **Normal activities**, including play, sports, exercise, or other school and daycare activities
- **No acute episodes** of asthma that require a doctor visit, emergency room visit, or urgent care
- **No absences** from school or activities
- **No missed time from work or other activities** for the parent or caregiver
- **Normal (or near normal) lung function**

## Children with persistent asthma should have 2 asthma care plans:

- **A DAILY MANAGEMENT PLAN** describing regular medications and measures to keep asthma under control.
- **AN ACTION PLAN** describing actions to take when asthma worsens, including:
  - ⇒ What medications to take.
  - ⇒ When to contact the physician and/or go to the emergency room or urgent care center.

**All caregivers should understand the child's acute care action plan (and the daily management plan, if appropriate).**

## Four Key Components for Long-Term Control of Asthma



## References

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